

Four decorative sun icons are arranged vertically on the left side of the slide. The top and bottom icons are simple yellow silhouettes. The second icon from the top is a metallic, three-dimensional sun with a human-like face and rays. The third icon from the top is another simple yellow silhouette.

Critical Days of Summer

Traffic Safety - Long
Trips/Fatigue/Speed

**Brought to you by:
The Naval Safety Center**





The Problem



★ The four main causes of death on our roads:



- * - Speed
 - Drunk driving
 - No seat belts



- * - Fatigue



The Impact



★ Long trips

- result in fatigue



- avoid get-there-it is

- don't speed to shorten

trip



- know your limitations

- proper planning is key



The Impact



★ Fatigue

- 37% of drivers admit to have fallen asleep



- Drowsy driving contributes to:
 - 100,000 collisions
 - 40,000 injuries
 - 1,500 deaths



* Each year *



The Impact



★Speeding

- 13,500 deaths
- \$40 billion in costs (\$144 per person)
- almost 40% of all motor vehicle fatalities involve speeding

* Each year *





Safety Tips



- ★ Before you start your road trip, get enough sleep the night before. Drowsy driving is just as bad as drunk driving, slows reaction time, decreases awareness, impairs judgment and increases your risk of a crash.
- ★ Speeding is never the answer. There are set speed limits for a reason. You may think you will get to your destination faster by speeding, but if you get caught by the police, it will only make it that much longer until you get there.



The Result





The Result





The DC1 (SW) Beard mishap



- Sailor taking his 3 children from Houston to Corpus Christi
- 2.5 hours into trip disaster struck
 - 2 children dead
 - father in a coma for months



The DC1 (SW) Beard mishap



What were the contributing factors?

personal problems

weeks of limited sleep—

stress

big family move

lack of concentration

fatigue





Suggested Best Practices



To combat speed

- know the speed limit
- assess driving conditions and adjust
- do not rush, allow time to get there
- check and recheck speedometer
- reduce speed in work and school areas
- allow tailgators to pass you, don't outrace them





Suggested Best Practices



To combat fatigue



- have a regular sleep schedule
- take regular breaks on long trips
- eat sensibly, avoid large meals
- share the driving
- play music, roll down the window
- don't drink and drive
- avoid traveling midnight to 6 a.m.
- do not speed





*Work, Play, Live ...
Safely!*

Naval Safety Center
www.safetycenter.navy.mil

